

DCRA Retiree News

Fall 2005, Volume 1, Issue 3 DURHAM COLLEGE RETIREES' ASSOCIATION

Mission Statement

The Durham College Retirees' Association is an organization whose function is to provide members with companionship, pertinent information, opportunities for service, and response to their concerns.

President's Message

As I write this message it's early November—what a great summer and fall we have had! It's time now to bring you up-to-date on a few items since my last report at the Annual General Meeting last spring.

I am pleased to announce that Helen Terwillegar has agreed to join the executive as a director without portfolio. Welcome aboard, Helen, and thanks for accepting our invitation. Also on a positive note and as we anticipated at the AGM, our Goodwill Committee is up and running. The committee is co-chaired by Sylvia Pelham and Gladys Smithson, and Pat Whaley has agreed to be our Toronto area contact person. The committee, with your help, will endeavour to acknowledge the death or extended illness of any member or member's spouse/partner. They would also like to hear about and acknowledge special achievements of members. Please keep them informed

Finally, I want you to be aware that the first two-year term of the current executive will end next spring at our AGM. This means that, although many of the current executive will be willing to serve another term, nominations and elections will be held at the spring AGM. We plan to establish a nominating committee to assist in this regard. If you would like to serve on the executive, we would like to hear from you, or, if you are approached by the nominating committee, we hope you will allow your name to stand for election.

I hope to see you at the Christmas luncheon and/or the President's Luncheon. It should be fun.

Barry Bracken

Recent "Grads" enrolling in the Retirement Lifestyle—Welcome!

Dianne Aru	Maureen Curling	Bert Dejeet	John Deramaix	Bill Fisher
Bev Garland	Mary Guerard	Maureen Wishart	Debbie Horricks	Jan Lean
Gord Oliver	Lynda Phillips	Barry Steadman-Smith	Karen Underwood	Dallas Gibson

Thinking of You:

Mina Anderson Peggy and Herb Kirkconnell
Ron Neun Gerry Pettit Gwen Treadwell

UPCOMING EVENTS

December 1st Luncheon at Trillium Trails—Over 80 retirees and guests have planned to attend the Christmas Luncheon. Bringing non-perishable food or a toy gives you a chance to win a Christmas Turkey Voucher. Several door prizes have been donated, which everyone will be eligible to win.

Wed., December 21 12-1:30 Invitation—Retirees are invited to the President's Christmas Reception or "Turkey on a Bun", in the South Rez Dining Hall.

Class Act Dinner Theatre—"Whose in Bed with the Butler?" by Michael Parker is tentatively planned for a Wednesday evening in April—more details will be provided when booking is confirmed. Starring Jim Renshaw, Joan Hill and Nancy Gleed, it's likely to be a very funny production!

RECENT EVENTS

September's Golf Day—Jim and Annabel Anderson arranged our second successful golf day, lunch, and get-together at Deer Creek Academy. Golfers and duffers enjoyed the game and received favours and prizes. Several non-golfers also enjoyed the excellent lunch in the warm September sun. Sincere thanks to Jim and Annabel!

Our Association's 1st Annual General Meeting last June was very well attended. It's great to catch up with former colleagues and get to know retirees we didn't have the opportunity to work with while at Durham College.

TRAVEL TIPS

Out-of-Country Health Insurance:

If you don't already have 100% coverage for out-of-country health expenses, you may want to get an estimate from Travel Insurance Specialists, Ltd., #4-160 Pony Drive, Newmarket—1-800-563-0314. Its Annual Multi-Trip insurance, for a premium of \$380 for a couple, gave coverage for one year from the date of enrolment, with a \$2,000,000 CDN maximum coverage, and \$200 US deductible.



Claiming for Expenses Incurred Out-of-Country:

Each insured person is responsible for supplying proof of the date prior to, or the day of, departure from their residence. It must [1] Identify the insured (show person's name or bear his/her signature), [2] indicate that a transaction took place in the insured's province of residence, and [3] specify the date.

Tickets qualify as proof if you travel with a commercial carrier. However, people who travel in their own vehicle must be careful that the proof they have meets the guidelines. A duty free shop receipt is the quickest way to obtain proof of departure.

Special Summer Rates at College Residences: Retirees can enjoy discount rates throughout Ontario (Niagara-on-the-Lake, Kitchener, Ottawa, Welland, Windsor, etc.) Phone 1-877-225-8664 and ask for the property you wish to visit. Or, check for availability by filling out a form at www.residenceconferencecentre.com. For a Photo I.D. to show you are a Durham Retiree, contact Judy Kellar at Durham College.

TRAVELLING TO THE COLLEGE? Try the new Campus Shuttle Bus!

Driver Jim—now in his 6th career!



Durham College/UOIT recently started a free shuttle service, which will also stop for retirees! The blue-and-white bus starts and ends in front of the Willey Building.

Leaving at 7:35 a.m., each full route takes about 15 minutes. Final departure is 10:10 p.m. Eleven stops across the campus stretch from the south Simcoe parking lot (opposite Camp Samac) to the north arena complex on Simcoe north of Conlin. Stops are marked with green "Campus Shuttle" signs. More info: 905-721-3111, x6652.

REMINDERS

40th ANNIVERSARY:

As requested last newsletter, if you have any college-related photos, memorabilia, or anecdotes, please make them available to Bruce Bunker (by phone 905-721-3023 or email bruce.bunker@durhamc.on.ca). Bruce and Angie Youroukis are working on a soft-cover book and/or CD to chronicle the first 40 years of the college (Oshawa).

Volunteers will be needed to lead data collection, contact active retirees, work with current employees, and review existing archival material currently under our control.

HEALTH-WISE

HOW TO RECOGNIZE A STROKE—A person may suffer brain damage when people nearby fail to recognize symptoms of a stroke. Bystanders can easily recognize a stroke if they just take these three steps: ASK THE INDIVIDUAL TO...

1. SMILE
2. RAISE BOTH ARMS
3. SPEAK A SIMPLE SENTENCE (Coherently—i.e; It is raining.)

If he/she has trouble with any of these tasks, call 911 immediately and describe symptom(s) to the dispatcher. Widespread use of this test can result in prompt diagnosis and treatment, thus preventing brain damage. Sharing this with others could save lives!

CPR TRAINING OPPORTUNITIES—We are researching an opportunity to offer CPR training for association members. See more information in the next newsletter.

EXERCISE for Building Muscle Strength in Seniors' Arms & Shoulders—Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax.

Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb. potato sacks. Then 50-lb. potato sacks, and eventually try to get to where you can lift a 100-lb. potato sack in each hand, holding your arms out straight for more than a full minute. When you feel confident at that level, put a potato in each of the sacks. 😊

COMPUTER TIPS

If you right-click on your mouse, you will always get a 'menu' of things you can do at that point (whether a document, photo, start-up screen, icon, etc.). Try it!

You no longer have to type www. in front of a Web/Internet address.

Google.com also searches for photos of anything—click on "Images" tab.

Dictionary.com also allows you to search a thesaurus, an encyclopedia, and the Web—terrific aids for trivia, crossword, or Scrabble fans!

Durham College Retirees' Association Executive

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Enclosed are Membership and Associate Membership forms in order for you to join our group if you have not already done so. Perhaps you know someone who doesn't receive our Association's mailings and may wish to join.

Joining the Association entitles you to receive future newsletters and flyers about upcoming events. There is no membership fee.

The College will continue to contact you concerning College business.

The Association Executive members wish you a happy, healthy holiday season!

